

# Role Of Sthanika Chikitsa in Stree Roga W.S.R. To Vangasena Samhita

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**Abstract**—Female is most beautiful creation of this universe. She is a daughter, sister, wife and most importantly a mother which carries and nurture the baby. A Healthy females can only create a healthy Nation or a healthy society. When a female suffers from any disease specially on face (acne) or in innerpart of body then in Ayurveda we give her oral medications and local or sthanic therapies too. Sthanic Chikitsa or local therapies is a boon in curing female diseases. These Local therapies act more beautifully and have nice result. These include Lepa, abhyanga, Yoni dhavana, Yoni Varti, Yoni Purana, Yoni Parisheka, Yoni Pichu, Agni Karma, Avagahana, Shirodhara, Matra basti and most importantly Uttar Basti. These Sthanic Chikitsa or local therapies not only cure the diseases but also prevent the diseases and give more beauty and value to a female. By These modalities not only cost cutting but duration of Treatment also decreases and effectiveness of Treatment enhanced and acheived easily. By local therapies or sthanik Chikitsa bitterness of medicine can also avoided or lessen. So, in Ayurvedic Treatment of female diseases Frequent and meaningful use of sthanik Chikitsa is used by many gynaecologists. By Sthasnik Chikitsa, treatment become easier and effective too in Stree Roga.

**Index Terms**—Sthanik Chikitsa, Local therapies, Stree Roga, Gynae disorder, Vangasen Samhita, local Ayurvedic Treatment in Gynae

## I. INTRODUCTION

The health of a female or women decides the health of society. She is the back bone of a family or society. So, for the growth of a male or society or nation, a male or society or nation should concentrate on health of a female. In her life span specially from menarche to menopause age, she faces too many problems like Vulval Itching, vaginal discharges and its foul smell,

burning sensation in urine and in lower pelvic region and in vagina too, pain during periods and sometimes in coitus too and other infections or inflammations too. All these conditions or problems easily cured or prevent by sthanika Chikitsa or local therapies. These modalities not only give easy and early recovery from symptoms or diseases but also gives a nice and soothing effect to her body and mind and a social acceptance too. These local therapies are easy to follow to maintain the health of vulva and surrounding areas.

## II. MATERIAL AND METHODS

Vangasena Samhita - Mahilarogadhikaara

## III. AIM AND OBJECTIVE

1. To study sthankia Chikitsa from Vangasena Samhita
2. To motivate most of the Ayurveda gynaecologist or Stree Roga Vaidyaa for the use of sthanika Chikitsa in day-to-day practice by providing them precious Yogas or informations in Vangasena Samhita.

## IV. RESULT AND DISCUSSION –

1. In Nashta Aartav or Amenorrhoea (Yoni Varti) - Ikshvaku seed, Danti, Pippali, Guda, Madanafala, Surabeeja and Yavakshaara mix with Snuhi Ksheera and make a Varti and Placed in Vagina.
2. In Pradara –
  - A. (Abhyanga or Massage) - Padmaka, Utpala seed, Trapusa, Shatavari, Vidari and Ikshumoola, make a paste and mix with Dhula(washed) Ghrita and do abhyanga on Yoni, head and body.

- B. Prepare a Yoni Pichu by Siddh Til tel with Mudgaparni and place in Vagina. By this blood stopped and softness also achieved.
- C. Make A Kalka of eye of Khanjana bird specially found in Sharad Ritu and apply on forehead.
3. Nari Vidvesha Nivaraka Upaya –
- A. Make a paste from Priyangu flower, Mayurashikha and white Puarnava root and mix it with goat milk and do Yoni Prakshalana.
- B. Apply Lepa of paste on Vulval region by grinding Lajjalu root, Nagakeshara, and Kapoora and do Yoni Dhoopana too.
4. Do Snehana, Swedana, Basti Karma in Vaataja Yoni Roga. In case of prolapse first do Snehana and Swedana then replaced It on own place. After this Use Varti by Madhura Aushadhi (Vesawaara Dharana).
5. Apply Yoni Pichu in case of Yoni Shoola, Yoni Ruja, Shopha, Yoni Dosha and Yoni Srava.
6. Apply Yoni Varti in case of Karnini by Shodhana Dravyas.
7. Do Abhyanga with Ghee and Swedana with milk and apply Varti in it.
8. Dilate the constricted Vagina manually. Tilted Vagina should Uplifted.
9. Do Yoni Parishechana by Guduchi, Triphala and Danti Decoction. By this pain subsides.
10. In case of inward Yoni use paste of bitter gourd and apply it locally.
11. In case of prolapse use paste of Rat - Vasa (fat) locally.
12. Do Yoni Pichu by Guduchyadi Taila in case of Vaataja Pain.
13. Do Yoni Pichu by Natadya Taila in case of Yoni Shoola.
14. In case of Pittaja Yoni Roga Do Sechana, Abhyanga and Yoni Pichu by Pitta Shamaka Dravyas.
15. Do Uttara Basti by Ghee making from Kashmari and Kutaja Decoction. It is useful in Raktaja Yoni Roga, Amenorrhea and in infertility.
16. Made a Yoni Vishodhana Varti by following Dravyas -Pippali, Maricha, Mash, Shatavari, Kootha and Saindhava Salt. Its thickness should be like finger.
17. Do Yoni Dharana by Hinsra Kalka mixed with Ghee in case of Vaataja Yoni Roga, Panchavalkala mixed with ghee in case of Pittaja Yoni Roga and by Shyamadinam Dravya mixed with Ghee in case of Kafaja Roga.
18. In case of foul smell coming from Vagina do Yoni Dharana from following Dravyas like Ela, Dhataki, Jamboo, Mocharasaand Raala Churna. Use in form of Decoction or Taila or Kalka or Churna. By this Pichchhilata, Swinnata and Jadata also removed. In place of these Dravyas another Nice Fragrence dravyas can also use.
19. Do Abhyanga by Lakshmanadya Ghrit in case of infertility, Yoni Roga and Pradara.
20. Do bathing by cold Water and use cold Lepa in case of Miscarriage or abortions.
21. A. In case of IUD (intra uterine death) or dead fetus Remove the fetus manually by applying Clay, Semal and Gonda in hand.  
B. Head Rotation also done manually.
22. For Normal Delivery
- A. Apply paste of Parushaka Moola and Shaalaparni Moola on Nabhi, Basti and Bhaga area.
- B. Apply paste of Kalihari Kanda mixed with Kanji on foot.
- C. Apply Lepa on head by making paste of Shyama and Sudarshana Lata.
- D. Pouring juice of Taalamakhana root and Mishri (chew in and form juice) in Ear.
- E. By inserting Apamarga root in vagina.
- F. Apply Lepa or insert Paatha and Vasa Mool in vagina.
- G. Apply Lepa of Shalaparni Moola with Tandulodaka on the Nabhi, Basti and Bhaga area.

- H. Chew white Taalamakhana root and pour its juice in ear for pain free delivery in case of Vishama Garbha.
- I. Use north oriented root of sugarcane to tie in waist.
- J. Use north oriented root of Taada tree to tie in waist.
23. Apply Kalka of Saufa or Soya in case of Yoni Shoola.
24. For removal of placenta -
- A. Do Dhoopana by Katutumbi, katutorai, snake kechula and mustard seed with mustard oil.
- B. Do Dhoopana by Guggulu and Bhojapatra in waist.
- C. Do rubbing on neck or mouth by hair wrapped around finger.
- D. Apply Lepa on hand and feet by Kalihari root paste.
- E. Can removed manually too by applying oil in hands and hot water fomentation after this procedure.
25. Do Yoni Purana with Sneha after removal of placenta for pain free and soft vagina.
26. After delivery of baby, press the vagina so that no air can enter into it otherwise pain in heart and in lower abdomen and bloating will occur.
27. In case of headache apply Lepa of Bijora Niboo root, Malikka root, Bilva and Musta.
28. In case of Sutika Diseases use Sweda, Abhyanga and Avagahana.
29. In case of Yoni Vrana use Lepa of Katutumbi leaves and Lodhra.
30. To increase tightens of vagina do Yoni Prakshalana by Vetasa Moola Decoction prepared on low flame.
31. For Constricted Vagina or Girlish vagina do rubbing with rat or Valguni Vasa(fat).
32. For tight vagina apply Lepa of Tila Taila prepared with Palash and Gulara flower.
33. Use Pippalyadi Ghrita for Abhyanga in all complications of Sutika.
34. In Stana Shotha do bloodletting by Jalauka.
35. In case of Stana Shoola-
- A. Use Lepa of Indrayan Mool or Turmeric and Dhatura.
- B. Use Lepa of Bandhyakarkotaki Moola.
36. Do Avachurnana with Stana Vrana Ropana Churna consist of Yastimadhu, Haridra, Nimba, Nirgundi and Dhataki flower.
37. In case of Pitta Dushita Stanya Do cold Abhyanga and Pralepa.
38. To prevent teeth bite, use Lepa of Chiraiyata on breast.
39. For Tight Breast -
- A. Do Yoni Pichu by Alambushadya Ghrita.
- B. Do Stana Paridharan with Shree Parni Taila.
40. For Lomashatana -
- A. Apply Lepa of Shankha Churna (2part) and Harataala (1part).
- B. Apply Lepa of Kusumbha Taila and Snuhi Ksheera.
- C. Apply Lepa of Kadali, Harataala, Lavana and Shami seed.
- D. Apply Lepa of Harataal (1part), Shankha Churna (5part) and Palasha Bhasma (1part).
- E. Apply Karaviradya Taila or Karpooradya Taila locally.
41. To increase size of breast, Penis and ear lobule Apply Lepa of Kasisadya Taila.
42. In case of Vaataja Yonikanda -
- A. Do Snehana.
- B. Do Yoni Sinchana with Triphala Decoction mixed with honey.
- C. Do Yoni Purana with mixtures of Gairika, Anjana, Jantughna, Katfala, Aamrasthi and turmeric mixed with honey.
- D. Do Abhyanga with rat meat cooked with Tila Taila.
- E. Do Swedana with rat meat mixed with salt.

- F. Do Yoni Purana with Mushaka Taila.
- G. Apply Lepa of grind Shambooka meat mixed with cooked tamarind juice.
- H. Do Dhoopana with Katutumbi Nadi.
- I. Do Agnikarma with Lauha Shalaka.

#### V. CONCLUSION

It is the right time to use sthanika Chikitsa as it holds its own importance and show tremendous results when applied with proper indication, strict aseptic condition(hygiene) and extreme carefulness (skill) and with faith.

#### REFERENCES-

- [1] *Vangasena Samhita - Mahilarogadhikaara*